

Table 7. Swallowing function measured by PROMs

Study	Measure	Timing of measurement	Comparison	Intervention group				Control group				Comparison between groups	CR
				N	Baseline Mean (SD) or %	Follow-up Mean (SD)/%	Difference Mean (SD)/%	N	Baseline Mean (SD)/%	Follow-up Mean (SD)/%	Difference Mean (SD)/%	Change Mean (95% CI)/%	
Fredslund Hajdu, 2021	MDADI-E	End-of-treatment (6 weeks)	Exercise vs. usual care	98	nr	nr	nr	105	nr	nr	nr	Difference in scores; 3.71 (-1.42 to 7.75)	No
		2 month follow-up	Exercise vs. usual care	97	nr	nr	nr	97	nr	nr	nr	Difference in scores; -2.95 (-7.32 to 1.42)	No
		6 month follow-up	Exercise vs. usual care	85	nr	nr	nr	80	nr	nr	nr	Difference in scores; -0.96 (-5.87 to 3.96)	No
		12 month follow-up	Exercise vs. usual care	90	nr	nr	nr	89	nr	nr	nr	Difference in scores; -2.25 (-7.07 to 2.58)	No
	MDADI-F	End-of-treatment (6 weeks)	Exercise vs. usual care	98	nr	nr	nr	105	nr	nr	nr	Difference in scores; 3.83 (-1.26 to 8.92)	No
		2 month follow-up	Exercise vs. usual care	97	nr	nr	nr	97	nr	nr	nr	Difference in scores; -7.14 (-12.22 to -2.05)	No
		6 month follow-up	Exercise vs. usual care	85	nr	nr	nr	80	nr	nr	nr	Difference in scores; (-7.05 (-13.04 to -1.07)	No
		12 month follow-up	Exercise vs. usual care	90	nr	nr	nr	89	nr	nr	nr	Difference in scores; 0.22 (-5.54 to 5.98)	No
	MDADI-P	End-of-treatment (6 weeks)	Exercise vs. usual care	98	nr	nr	nr	105	nr	nr	nr	Difference in scores; 5.00 (-0.51 to 10.52)	No
		2 month follow-up	Exercise vs. usual care	97	nr	nr	nr	97	nr	nr	nr	Difference in scores; 3.50 (-1.82 to 8.82)	No
		6 month follow-up	Exercise vs. usual care	85	nr	nr	nr	80	nr	nr	nr	Difference in scores; -2.72 (-8.74 to 3.31)	No
		12 month follow-up	Exercise vs. usual care	90	nr	nr	nr	89	nr	nr	nr	Difference in scores; -5.43 (-11.25 to 0.39)	No
Kumar, 2016	MDADI	Baseline-6 months	Exercise vs. usual care	25	nr	14	na	25	nr	7.76	na	AD follow-up 6.24	No

Van den Berg, 2016	MDADI-E	Baseline-3 months	Exercise vs. usual care	57	79 (12)	76 (12)	nr	57	81(10)	78 (11)	nr	-0.4 (-5.0 to 4.2)	No
		Baseline-6 months	Exercise vs. usual care	57	79 (12)	80 (12)	nr	57	81(10)	81 (11)	nr	0.0 (-0.2 to 0.2)	No
	MDADI-F	Baseline-3 months	Exercise vs. usual care	57	78 (11)	76 (15)	nr	57	80 (9)	77 (12)	nr	-0.1 (-5.4 to 5.1)	No
		Baseline-6 months	Exercise vs. usual care	57	78 (11)	79 (11)	nr	57	80 (9)	79 (10)	nr	0.1 (-0.1 to 0.3)	No
	MDADI-P	Baseline-3 months	Exercise vs. usual care	57	76 (19)	65 (17)	nr	57	78 (18)	68 (18)	nr	-0.3 (-6.5 to 5.9)	No
		Baseline-6 months	Exercise vs. usual care	57	76 (19)	74 (17)	nr	57	78 (18)	77 (17)	nr	0.0 (-0.3 to 0.3)	No

AD, absolute difference; CI, confidence intervals; CR, clinically relevant; MD, mean difference; MDADI, M.D. Anderson Dysphagia Inventory-E (emotional)/F (functional)/P (physical)(Score 0 to 100; a higher score is better); N, number of patients; na, not applicable; nr, not reported; SD, standard deviation